

Fitness center begins
new hours Monday

See details on Page 3

Seymour children experience deployment line

Colonel Michael Duvall, 4th Operations Group commander, zips his 10-year-old daughter, Anna, into a sleeping bag at the at the 4th Logistics Readiness Squadron's readiness flight while Hattilyn Caudill, 2, and her 4-year-old sister, Elizabeth, watch.



Airman Frank Snider/ WT

By Airman Frank Snider
Public Affairs

Team Seymour prepared almost 50 people to deploy April 29, only these people weren't Airmen. In fact, they're still in grade school.

"We wanted to give children a chance to see what their parents go through as they prepare to deploy," said Tech. Sgt. Cindy Hartsfield, the project manager. "We treated the children as though they were getting ready for a real deployment."

For the last four years, the family support center has held a mock deployment line for the children of Airmen. The children experience many of the things a deploying Airman would go through, from trying on chemical protective equipment to boarding a KC-135R Stratotanker.

To help the children feel more like Airmen, they were each given a set of personalized dog tags to wear during their "deployment."

As the children concluded their three-hour tour, they were treated to a homecoming much like the

ones Airmen receive after departing the bus at the community center, complete with homemade banners and waving flags.

"The whole deployment was very informative and fun," said Bobbi Hosmon, mother of 2-year-old Carly. "Even though Carly is so young, she's always asking about her dad when he's away. Getting a chance to see everything he goes through when he's getting ready to deploy shows us how prepared (the Air Force) makes him, especially now."

Carly and her mother are visiting her grandparents here while her father, Staff Sgt. Michael Hosmon of the 88th Security Forces Squadron from Wright-Patterson Air Force Base, Ohio, is deployed to Southwest Asia.

"Most of the children's parents have described what they do before they get deployed," Sgt. Hartsfield said. "It's one thing to talk about deploying, but when the children actually experience it firsthand, the level of understanding they receive far surpasses what words alone can do."

UP-FRONT FOCUS | Area Defense Counsel

Dynamic
duo delivers
defense

ADC goes to bat for
Airmen's rights

Editor's note: This is part two
of a two-part series.

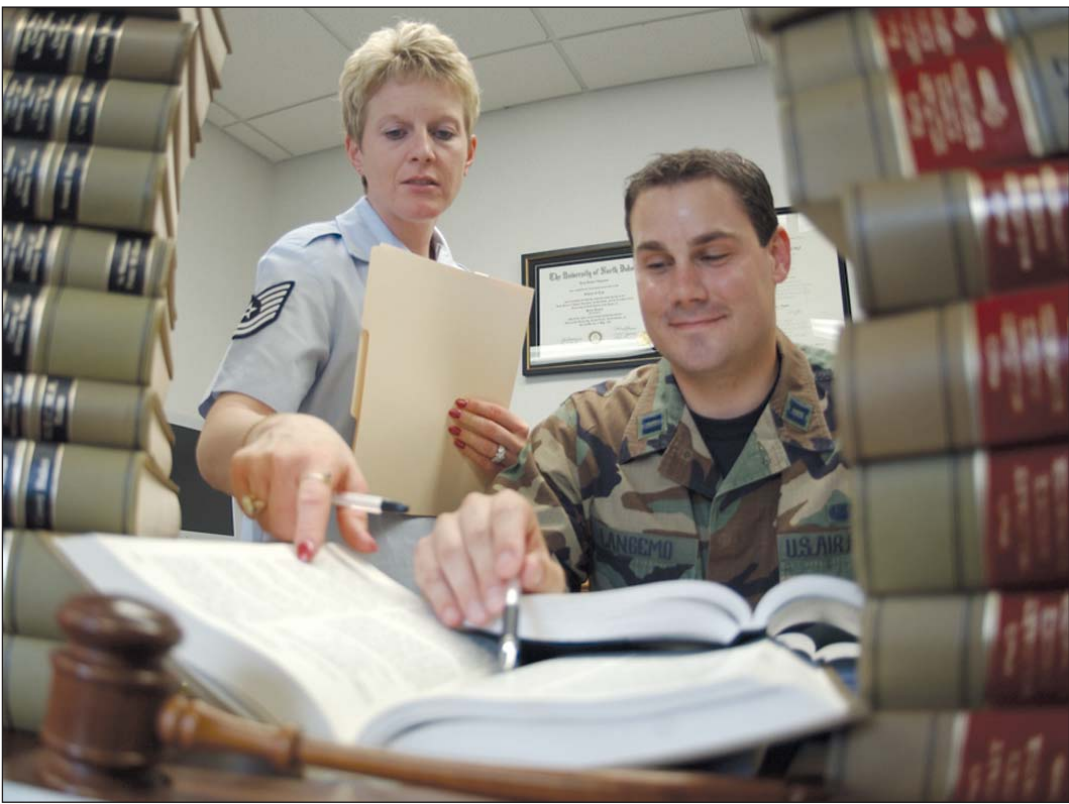
By 2nd Lt. Tammie Adams
Public Affairs

Anyone who is advised of their right to remain silent should remember their right to consult the area defense counsel before making any statements, oral or written.

The two-person team is responsible for defending military members against any military justice or administrative action, and making sure they receive fair treatment.

"Every military member has a defense attorney available for them at the ADC office, and we're free," said Capt. Tory Langemo, area defense counsel. "It's important for Airmen to understand that there is someone here to fight for them and only them, and we're 100 percent confidential."

Before transferring to the ADC office, all attorneys and paralegals must first work in the base legal office. Capt. Langemo worked there for a year and a half before being reas-



Senior Airman J.G. Buzanowski/ WT

Captain Tory Langemo and Tech. Sgt. Tisha Johnson review legal documents as they prepare for a case Monday. Having spent years working for the base legal office, the pair are now Seymour Johnson's area defense counsel. Their job is to represent Airmen and help with any legal concerns they may have.

signed, and Tech. Sgt. Tisha Johnson, defense paralegal, worked there seven years.

"We are first assigned to the base legal office because we need to build some familiarity with the military justice system," Capt. Langemo said. "We need to have a firm basis of knowledge and experience."

Clients commonly visit the ADC office after receiving letters of reprimand, offers of nonjudicial punishment proceedings under Article 15 of the Uniform Code of Military Justice or administrative discharge paperwork

for offenses such as drug use, underage drinking or even being late for work.

"Our loyalties lie with our clients no matter what," Sgt. Johnson said. "When people come here, they're often in some type of trouble and feel alone. We're here to help."

For example, the ADC is available to any military member who has been offered Article 15 proceedings, and they strongly encourage every member to consult with them prior to

See **ADC**, on Page 3

BRAC stirs
local interest

By Col. Mike Holmes
4th Fighter Wing commander

The Base Realignment and Closure list is scheduled to be released May 16, but may come out as early as Thursday. As we get closer to announcement time, media attention and presence will continue to grow in our community. In fact, members of the press have already stopped our Airmen on the streets downtown and asked them for their opinions on the subject.

Since BRAC decisions have big economic impacts for military communities, many people downtown are watching and waiting for any new information. And because we wear the uniform, many assume we have information that is not available to the general public and will therefore hang on to our every word. That is why it is crucial we are all on the same page and all speak the truth.

The best way to handle civilians or media with questions is to refer them to the public affairs office at 722-0027, or 750-2004 if after duty hours.

But if they persist, be honest and tell them you don't know who's on the list and won't until it's announced. It's also important to remember that as military members who work for the Department of Defense, we are expected to remain impartial on the BRAC process.

Make sure everyone in your work area is aware of this issue and pass this on to family members. It's up to all of us to prevent the spread of false information.

TMO offers advice for PCS

Wright Times Staff Report

The peak season for shipping personal property is near, and the traffic management office requests assistance in making shipping operations run as smoothly as possible.

"Each individual should plan as far ahead as possible when making arrangements to ship their property to their next assignment," said Charlotte Gibson, chief of personal property. "Upon receipt of initial assignment notices, individuals should begin collecting information and asking questions to ensure they are prepared."

Airmen should bring at least 15 copies of their orders with them to their appointment to accommodate all shipping requirements.

The following actions should be performed prior to a TMO appointment:

- To prevent delays, work with the military personnel flight to ensure orders and necessary

amendments are prepared.

- Visit TMO and ask any questions in advance.
 - Know when to schedule appointments with TMO. They need approximately 30 to 60 days from the appointment date to have property picked up.
 - Plan to bring a spouse or an appointed releasing agent to the briefing.
 - Visit the legal office and obtain a power of attorney to ensure someone is authorized to make decisions concerning household goods.
 - If shipping a mobile home, allow 45 to 60 days from the appointment time to arrange movement.
 - Let counselors know if any items require special attention, such as boats, canoes, grandfather clocks, etc.
 - Advance information about moves can be obtained at <http://afmove.hq.af.mil/default.asp>.
- For more information, call 722-4031.

Cinco de bye-o



Senior Airman J.G. Buzanowski/ WT

Colonel John Cinco (left), 4th Medical Group deputy commander, is greeted by Lt. Col. Jay Voss, 333rd Fighter Squadron, after his final flight Wednesday. He is leaving Seymour for Pacific Air Forces headquarters to be the PACAF international health team chief.

Weekend weather

Saturday



Partly
cloudy

High: 75
Low: 51

Sunday



Mostly
clear

High: 81
Low: 61



America's Air Force &
the 4th Fighter Wing
Cross into the Blue

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Anthrax shots
to resume

See story on Page 3

Mother’s Day is for all moms

By 1st Lt. Jamie Humphries
Public Affairs

Sunday is a big day for millions of moms around the world. It's a day for sons and daughters to express our gratitude to the woman who gave us life. Sunday is Mother's Day and an opportunity to show our appreciation and thanks.

More often than not, when mom's day approaches we tend to think of our own mother and the sacrifice and dedication she's shown us through good times and bad throughout the years. After all, for many of us, she's the one who worked to provide for us,

taught us important life lessons and built the basic foundation for us to be productive people in society. However, there's one group of moms who sometimes get left on the sidelines. Note this new dads - you want them in the game.

Although, young and inexperienced in motherhood and still learning the ropes of providing for their newborns, new moms are just as deserving of our love and appreciation as our own mother.

These women are moms despite their age or experience. They carried a child just as your mom did and, upon giving birth, experienced a bond with your child that's indescribable for any man.

This Sunday I challenge you to do something for the woman who your children call "mommy." Let her sleep in while you get the kids out of bed. Get the newspaper, feed the baby, and change the diapers while starting the laundry. Vacuum the house, clean the bathrooms, cook dinner or give the kids a bath.

Do any of these things on her special day with a smile on your face, sense of pride in your work and season it with an "I love you."

By the way, taking care of your wife is not a replacement for recognizing your mother and if yours is like mine, a houseplant works better than flowers.

Are you prepared for the storms in life?

By Lt. Col. Fran Vasta-Falldorf
4th Aeromedical Dental Operations Squadron commander

When I mention the word wellness, what is the first thing you think of? Most likely it has something to do with physical fitness -- Do I have an adequate exercise routine? Am I over weight? Am I a smoker? Do I eat healthy? It is true that physical fitness is a very important aspect of wellness (better health, increased resistance to disease, etc.) However, I contend there is more to wellness than just being physically fit.

I truly believe that in order to withstand those unexpected, yet inevitable, storms in life such as stress, money problems, relationship issues, illness or death of a loved one, it takes more than just being physically fit. You may be able to run a six minute mile and bench press 200 pounds, but if you don't have a good social support system, good self esteem, and someone or somewhere to place your troubles, you will not fare as well when the storms of life come blowing in. Your social, emotional and spiritual wellness are also vital components to your overall well-being.

Social wellness is attained by establishing a network of friends and getting involved in your community. You could join an organization devoted to professional development, sports, hobbies or service. You could be a servant leader by giving your time to help others and make your community a better

place to work and live. Help those less fortunate than yourself or be a role model for our youth. These types of activities are win-win situations because you improve your social wellness while helping others.

Emotional wellness, such as a healthy self esteem, self worth and purpose, is also essential. You should strive to improve your outlook on life and learn different methods of coping with stressors. Learn your strengths and weaknesses and then nurture those strengths and challenge yourself to defeat those weaknesses. You are unique. Be proud of yourself and what you contribute to the mission, society and others. Don't let the little road bumps in life get you down. Change the things you can and accept those things you can't.

Spiritual wellness isn't necessarily advocating a specific belief system or religion. It's putting your faith in a higher power. Spirituality gives you a bigger picture and understanding of where you fit in that picture. Life's challenges can be daunting if we try to carry them all alone. Sharing these troubles gives us relief, hope and promise.

Physical, social, emotional and spiritual wellness are all essential to our well-being. In today's fast-paced, stressful world, we need to strike a balance to keep all of these equally healthy. There are many agencies on and off base that can assist you in "pumping up" all of these aspects. The more we nurture all four of these dimensions of wellness, the easier we will withstand the storms that rumble in the distance.

A brother’s lesson in drug abuse

By Col. Robert Winston
86th Airlift Wing

RAMSTEIN AIR BASE, Germany -- It was Saturday morning, May 5, 1995, when the police told me my brother was dead. They told me over the telephone and were very cavalier about it. But I understand why they were so callous. My brother had died of a heroin overdose, and they probably figured I was junkie a too.

I came from a normal Air Force family. My brother, Tony, and I grew up on Air Force bases and loved riding our bikes down to the flightline to see the planes. All of our friends were Air Force brats and most dreamed of one day becoming pilots.

But when my brother was 14, he went to a Grand Funk Railroad concert with some friends and smoked his first marijuana joint. Most of his friends were smoking the stuff, and he just wanted to be part of the crowd. It was a decision that destroyed his life.

Tony liked the pot and continued to smoke it and started experimenting with other ways to get high. Tony's grades in school started slipping. He began

to become a discipline problem. The only thing he cared about was getting high. Drugs became the center of his life.

My parents tried everything they could to stop my brother. Family meetings, church counseling, professional counselors and boarding school couldn't pull Tony away from the drugs. When he turned 18, he dropped out of school. About this time he started using heroin.

Tony married, had three children, abandoned his family, drifted, remarried, had another child, then abandoned them. One doesn't have time for such trivial things when one is a junkie. I have no idea how many other people's lives were ruined by the drugs my brother sold to help support his habit.

He stole thousands of dollars from my parents on two different occasions to buy drugs. I hate to think of what Tony must have done to support his heroin habit, but he was hooked and couldn't stop.

Despite all this, we loved my brother. He really was a nice guy. Tony knew he was destroying himself and hurting all those around him, and he was miserable. We never stopped praying for him. My parents sent him twice to detoxification hospitals to

kick the habit. But he couldn't kick the habit. I really don't think it's possible to stop once you are hooked on heroin.



On the night my brother died, he drank a bottle of Sour Mash, took some depressant pills, then put the needle in with the venom that took him from us. He was found sitting on the toilet, cold. Not a very dignified end. It all started with that first joint that ensured acceptance from the gang.

For the young readers, my message is just don't do it. What you may think is a harmless experiment will become the first nail in your coffin. Marijuana use is the first step. Just say no. Dump any friends who offer you drugs. You don't need to hang out with losers like that.

Parents need to watch their children. Who are their friends? Who are their heroes? What are the words of their favorite music saying? How is their behavior and school performance? Do whatever it takes to keep your children away from drugs.

To my fellow Airmen, my message is that I will not tolerate any illegal use of drugs. I will do everything in my power to put drug users away, and take pleasure in doing so.

4th FW Sortie board update

	
Goals: 369	314
Flown: 40	36
	
Goals: 432	451
Flown: 47	28
	
Goals: 449	0
Flown: 291	
As of May 3 Information provided by the 4th Fighter Wing and 23rd Fighter Group flight scheduling.	

Airman’s Manual Trivia

If taken prisoner and detained in a POW camp, military discipline dictates you do not salute a camp commander if he is of lower rank.

- A. True
- B. False

See answer on page 9
Information provided by the 4th Fighter Wing
Plans and Programs office.

Want a free ride?

We’re here when you need us ...

AADD

722-3333



Deadline is Friday at noon, the week prior to publication.
1510 Wright Brothers Ave. Suite 200 SJAFB, N.C. 27531
(919) 722-0021 or Fax (919) 722-0007

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Published by Wayne Publishing Company, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 4th Fighter Wing.

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Editorial content is edited, prepared and provided by the Public Affairs Office at Seymour Johnson. Photos are Air Force photos unless otherwise indicated.

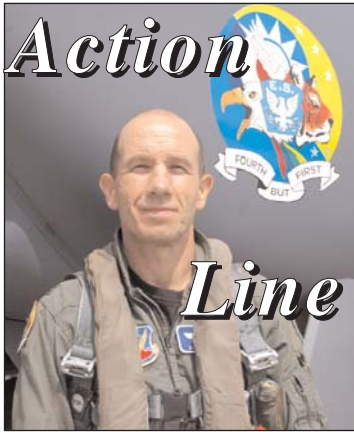
Seymour Johnson's Action Line is brought to the base by 4th Fighter Wing Commander, Col. Mike Holmes

It provides a communication channel for people to obtain information and assistance in making Seymour a better place to live and work.

The colonel asks that before calling the Action Line, people try to resolve their particular problem with the responsible base agencies listed here:

Base exchange	735-8512	Military pay	722-5373
Chaplain	722-0315	AFOSI	722-1220
Civil engineering	722-5139	Public Affairs	722-0027
Civilian pay	722-5358	Safety	722-4093
Commissary	722-0321	Security forces	722-0121
Military equal opportunity	722-1180	Services	722-5331
Inspector general	722-0211	Transportation	722-5089
Housing maintenance	736-7021	Travel pay	722-5362
TRICARE	(800) 931-9501	Youth center	722-0339

722-0006 or 4fwactionline@seymourjohnson.af.mil





Photos by Capt. Tana Stevenson/ WT

Far left: Staff Sgt. Anthony Blodgett, ground safety technician, adjusts the carrier handle on a child's car seat. Leaving the handle in the forward position could cause head injuries if there's a sudden stop. Left: Some seats are equipped with gauges to guide chair placement. On the model shown here, the bubble area shows only blue when the chair is positioned properly.

SJ hosts child seat seminar

By Capt. Tana Stevenson
Public Affairs

Team Seymour's safety office sponsors a child safety seat check with help from the North Carolina Child Safety Coalition May 14 from 10 a.m. to 2 p.m. in the base theater parking lot.

"This is an opportunity to make sure children are properly restrained in a child car seat," said Staff Sgt. Anthony Blodgett, ground safety technician.

Over the last four years, the base has had annual child seat checks and 90 percent of attendees had their car seats improperly installed, Blodgett said.

"I've worked three specific accidents where the severity was enough to cause fatality or serious injury, but all three children had relatively minor injuries due to proper installation of their car seats," said Tim Edwards, ground safety manager.

There will be volunteers on hand to check the installation, and the base exchange will provide refreshments.

For more information, call 722-4222.

Virtual business ownership helps military spouses

By 2nd Lt. Tammie Adams
Public Affairs

Spouses of military members face unique career challenges because of frequent relocations.

The family support center hosts one possible solution so spouses can sustain the same job move after move with the virtual business ownership seminar.

"It's a seminar for spouses who are thinking about launching their own online portable business," said Ollie Foster, career focus manager. "When they leave this base, they can pack their business up and bring it with them to the next location."

Virtual business owners are self-employed professionals who usually work at home and offer an array of products or business support services to

other companies over the Internet, according to Mrs. Foster.

Some of the key issues taught are how to make a steady income, how to build a client base and how to advertise.

"Being a virtual business owner has many benefits to include having control of a career, bringing in extra money, eliminating long commutes and working any hour, any place," Mrs. Foster said.

The free seminar will be taught by Victoria Parham, a former Marine spouse and experienced virtual business owner.

Two sessions will be held May 18 from 10 a.m. to 11:30 a.m. and 1:30 p.m. to 3 p.m. in the downstairs classroom of the FSC. Twenty-five seats are available per seminar.

To sign up, call 722-1123.

DoD to resume Anthrax shots

WASHINGTON - The Department of Defense will resume its Anthrax Vaccine Immunization Program, officials said May 3.

A memorandum signed April 29 allows military commanders to resume the vaccination program using the emergency use authorization conditions issued by the Food and Drug Administration on Jan. 27, 2005.

The program requires commanders to follow EUA conditions very carefully, providing members of the armed services both education on the program and an option to refuse the vaccination without penalty.

This significant step allows the department to resume this vital protection measure for servicemembers who are at increased risk of exposure to anthrax attack, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

On April 6, the U.S. District Court for the

District of Columbia granted the government's motion to modify the court's AVIP injunction against mandatory anthrax vaccination from Oct. 27, 2004.

Once vaccinations begin, DOD will provide an education and information program, including an FDA-approved brochure, to inform potential vaccine recipients and healthcare providers that FDA has authorized the emergency use of anthrax vaccine to prevent inhalation anthrax. People will also be informed about the vaccine's benefits and side effects before they are asked to decide about vaccination.

For the most part, vaccinations during the period of the EUA will be limited to military units designated for homeland bioterrorism defense and to U.S. forces assigned to the U.S. Central Command area of responsibility and Korea.

New fitness center hours



Capt. Tana Stevenson/ WT

Airman First Class Tina Gillis, 4th Services Squadron, conducts routine maintenance on one of the fitness center's treadmills. Starting Monday, the fitness center will have new hours that will be tested for 90 days. The new hours are as follows: Monday-Thursday from 4 a.m. to 2 a.m., Friday from 4 a.m. to 11 p.m. Weekend hours remain the same.

SJ Airmen protect convoys



Courtesy photo

The vehicle pictured here was struck by a roadside bomb in Iraq. Thanks to Airmen from Seymour Johnson, the occupants were able to escape serious injury, and the armored cab remained intact. Since January, Airmen from the 4th Logistics Readiness Squadron have installed armor and air conditioning units for more than 660 trucks at Balad AB, Iraq.

ADC: Fighting for Airmen

From Page 1

accepting the proceedings.

"Accused Airmen don't have to make oral or written statements and incriminate themselves," Capt. Langemo said. "It's not insubordinate to stay silent. Requesting an attorney doesn't make one automatically guilty."

The two individuals are their own tenant unit, so they're responsible for administering and independently running the organization. In addition, their normal duties include taking care of office management, budget and supplies.

All ADC offices have the same commander, who's located at Bolling Air Force Base, Washington, D.C.

There are five circuits within the United States. Seymour Johnson is in the eastern circuit, which includes all bases east of the Mississippi River.

Although members of the ADC office don't deploy, Capt. Langemo often travels to other bases within the circuit to represent clients, and any ADC in the circuit could come to Seymour to represent a client.

"Sometimes circumstances prevent Capt. Langemo from representing someone at Seymour," Sgt. Johnson said. "For example, say four Airmen are involved in the same underage drinking incident. If read their rights, and they all indicate their desire to consult with an ADC before making any statements, the first Airman through the door will be represented by Capt. Langemo. When the other three come to us, I will find ADCs for them from other bases because of the potential conflict of interests."

Above all, Capt. Langemo and Sgt. Johnson say they do a lot of mentoring.

"We're often the ones that people come to for help, period," Sgt. Johnson said. "We make our mission very clear to our clients up front; we are here to help them with whatever they need."

In the past year, the ADC duo supported approximately 550 clients.

"The most rewarding aspect of this job, for me, is helping people through what is often a crisis in their lives," Capt. Langemo said. "I enjoy helping them through the difficult times. Whatever we can do for our clients, as long as it is legal and ethical, we will do."

NEWS

BRIEFS

Settlement of estate

Colonel Mike Holmes, 4th Fighter Wing commander, regretfully announces the death of Staff Sgt. Jonathan Lane, 4th Civil Engineer Squadron. Anyone having claims against or indebtedness to the estate of Sgt. Lane should contact 2nd Lt. Simone Wettle, summary court officer, at 722-5533.

Settlement of estate

Colonel Mike Holmes, 4th Fighter Wing commander, regretfully announces the death of Senior Airman Gregory Earnest, 4th Equipment Maintenance Squadron. Anyone having claims against or indebtedness to the estate of Airman Earnest should contact Capt. Luis Berrios, summary court officer, at 722-5533.

Water problems

Due to the annual water systems flushing by the City of Goldsboro, base housing residents may have brown water coming from their taps during the next week. If this happens, run the water for five minutes before consuming. For more information, call 722-5401.

HCAC meeting

The quarterly Healthcare Consumer Advisory Council meeting is Tuesday at 2 p.m. in the 4th Medical Group's training room B. The meeting is open to everyone. For more information, call 722-1261.

Education fair

Seymour Johnson holds an education fair Wednesday from 10 a.m. to 2 p.m. in the officers' club ballroom. More than 40 colleges and universities will be represented, as well as Troops to Teachers, Military.com, AFROTC and the Air Force Academy. The fair is open to everyone on base and admission is free. The education office will be closed Wednesday because of the fair. For more information, call 722-5800.

Mail food drive

The National Association of Letter Carriers food drive is May 14 for Seymour Johnson residents. Mail carriers in Goldsboro will collect food while delivering mail. The food drive includes all residents with a Goldsboro zip code from 27530 through 27534. To contribute, place non-perishable food by your mailbox. Glass containers are not permitted. All donated food will be delivered to food pantries in Goldsboro. For more information, call 735-3591.

New finance hours

Starting May 16, finance will be open until 9 p.m. on Mondays. For more information, call 722-5713.

See BRIEFS, on Page 7

Police Beat

DEFENSOR FORTIS

April 28 - May 4

This section of the Wright Times features excerpts from the 4th Security Forces Squadron blotter.

On-base incidents:

An individual was apprehended for driving on a revoked driver's license. The individual was discovered during a traffic stop after failing to stop at a stop sign. Patrols responded to a domestic disturbance in base housing. The military member's first sergeant arrived and gained control of the situation. A civilian attempted to drive onto the installation without a driver's license and when questioned, refused to cooperate. The individual was apprehended and turned over to Goldsboro Police Department. Patrols responded to a suspicious package at the post office. The package was determined safe. Security forces performed customs on an aircraft returning from an overseas location.

Accidents:

An individual backed into a parked welding trailer. Minor damage occurred to the rear bumper of the vehicle. Two vehicles struck each other while attempting to back out of parking spaces across from each other. Both vehicles received minor damage and

neither driver was injured.

An individual operating a GOV backed out of a parking space and knocked over a parked motorcycle.

Medical emergencies:

An ambulance crew responded to base housing after a dependent fell and hit their head. The individual was transported to Wayne Memorial Hospital for evaluation and treatment. An active duty member complained of chest pains and subsequently passed out. An emergency medical service team responded and treated the individual. The individual was taken to Wayne Memorial Hospital for further evaluation.

Citations:

A citation was issued for driving on a suspended license and failure to obey traffic signal, eight citations were issued for speeding, eight for illegal parking, one for failure to stop at a posted sign, one for failure to provide proof of insurance, one for expired registration, one for an expired license tag and two vehicles were issued abandoned vehicle notices.

Days since the 4th Fighter Wing's last DUI:

18

Once the 4th FW reaches 60 days without a DUI, the wing receives a half of a down day, 75 earns a full down day. Don't be the one who ruins a day off for everyone. Don't drink and drive - call AADD at 722-3333.

As of May 4

Information provided by the 4th Security Forces Squadron

The deployed life

R U D E P A R T H G I L F M R
K G E W D O G T A G S A N D E
C R H G E Y L E W G M K K N T
A U O E A O B E N I C C A V U
T C R W L L A I L A I L N M R
T K D V R P F Y P S P S N O N
A S E R O E Y U E Y B D O O G
O A R N I D P M O B I L I T Y
Z C S R O R O A E M K T N R T
H K B L E H U I P N A G U E E
E T C P K E V L A R E C E S F
L G A S A E S R E V O X R E A
M R O F I N U P K S A M N D S
E L L I W N O R D A U Q S W A
T H G I F L T N E T S B O B U

By Airman Frank Snider /WT

Wordsearch words



Attack
Briefings
Camouflage
Depart
Deploy
Desert
Dog tags
Enemy
Family
Fight
Flight
Gas
Goodbye
Helmet
Help
Home
Homesick
Kevlar
LOAC
Mask

Words may
be horizontal,
vertical,
diagonal or
backwards

Mobility
Operation
Orders
Overseas
Pack
Paperwork
Plane
Prepare
Return
Reunion
Rucksack
Rules
Safety
Sand
Squadron
Tent
Uniform
Vaccine
Weapon
Will

See answers on page 9

In the spotlight

Airman 1st Class

Christina Kessler

Hometown:

Fayetteville, N.C.

Job title: Network technician

Most influential person in your life:

My mom. I strive to make her proud, and because of that, I am a better person

Hobbies: Tennis, running, listening to music

What book would you recommend? "Pride and Prejudice." It is an intelligent book that really explores how people's minds work

What are your goals in life? Long term -- being a command chief master sergeant. Short term -- making senior airman below the zone and finishing my CCAF degree

If you could relive your life, would you change anything? Nothing at all. My mistakes have molded me into the person I am today

Favorite quote: "If at first you don't succeed, quit and go fishing."



4th CS

Unit News

To get your information in the paper, contact your unit public affairs representative or first sergeant.

Congrats FTAC grads

Congratulations to April's first term Airmen center Graduates:

Airmen 1st Class Beau Turnipseed, Michael Weis, and Airman James Hayward, 4th Aircraft Maintenance Squadron were the outstanding graduates.

Other graduates were:

Airmen 1st Class Eric Lambert, Bradley Williams, Richard Sestito, Timothy Whitaker, Matthew Paolo, Adam Kope, David King, Timothy Woller, Samuel

Sargent, Victor Nostrom, Agnelio Cardentey, Adam Wilcox, Airmen George Baker, Ryan Bradshaw, Edwin Strickfaden, Sharissa Jones and Christopher Denham, 4th AMXS; Airman Gladys Martin, 4th Aeromedical Dental Squadron; Airmen 1st Class Zachary Huston, Tyler Zaal, Ryan Graves, Airmen Henry Rivera and Frank Rivera, 4th Civil Engineer Squadron; Airman Dennis Furlong, 4th Communications Squadron; Airman 1st Class LeByron Bryant, 4th Logistics Readiness Squadron; Airman 1st Class Charles Mears, 4th Medical Operations Squadron; Airman 1st Class Simon Luc and Airman Daniel Mosley, 4th Services Squadron.

Mother's Day Brunch

Sunday, 9 a.m. - 1 p.m.

Enlisted Club

Featuring carved steamship round of beef, baked ham, southern fried chicken, seafood newburg or go the breakfast way and enjoy eggs, bacon, sausage, grits, pancakes, french toast and more!

Open to all ranks

Call 722-1192 for reservations

\$12.95 members, \$15.95 nonmembers, \$6.95 for kids 4-11

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BRIEFS: News, updates, base events

From Page 4

Manpower class

The Manpower and Organization flight offers a class May 17 from 1:30 p.m. to 2:30 p.m. in the second floor classroom of the family support center. The class shares tips and strategies for efficient and effective use of manning resources. For more information, call 722-4332.

ALS opening

The Airman leadership school seeks a master sergeant to be an ALS flight chief. The position is a four-year controlled tour with a report date in November. Packages are due by June 10. For more information, call 722-5847.

Air Force Crossroads

The Air Force has a new centrally maintained Web site where members can inquire about the full range of services offered by private sector organizations. The site has information such as hotel and theme park discounts, tuition assistance, education benefits,

medical concerns and many other topics. For more information, visit www.afcrossroads.com.

Airman's Attic

Donated items are available at no cost to single or married staff sergeants and below. Donations can be made anytime by placing bagged or boxed items in the metal bin located on the right side of the building. The Airman's Attic is open Mondays and Fridays from 10 a.m. to 1 p.m. For more information, call 722-1123.

GED classes

The general educational development class is held at the family support center Tuesdays and Thursdays from 9 a.m. to noon. For more information, call 722-1123.

Thrift store hours

The thrift store is open Tuesdays and Thursdays as well as the first Saturday of every month from 9:30 a.m. to 1 p.m. For more information, call 722-0606.

Volunteer opportunities


Several volunteer opportunities are available in Goldsboro and Wayne County. The opportunities range from being a mentor to collecting food. For more information, call 722-1123.

Retraining Opportunity

The manpower and organization flight is looking for senior airmen and staff sergeants interested in retraining. Manpower is responsible for assisting commanders in effective use of their manning resources. Candidates must enjoy looking for better ways of doing things, be able to initiate and plan projects, and have good analytical and communication skills. For more information on retraining opportunities, call Staff Sgt. Terra Althoff at 722-5349.

Attention Travelers

As a reminder, split disbursement became mandatory with Public Law 107-314. Travelers are required to use their government travel card for lodging, rental vehicles and airline tickets. For more information, call 722-5713.




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For more information, call the base public affairs office at 722-0027.

Comm gets served by Services 11-8

By Airman Frank Snider
Public Affairs

The 4th Services Squadron and 4th Communication Squadron faced off Monday in an intramural softball game at Tinker Field with Services coming from behind to win 11-8.

The win was thanks largely in part to a single in the bottom of the sixth inning by Nate "the great" Rubin that turned into a three-run homerun from throwing errors.

"I was only hoping for a base hit," Rubin said. "We got lucky when they dropped the ball."

The game started well for the Comm. Squadron, scoring three runs in the first inning.

Services responded in their half with a triple and a sacrifice to drive in the run. Chuck Downs then smashed the ball over the fence to make the score 3-2.

In the top of the second, Comm scored two more runs with solid hitting to extend their lead to 5-2.

In the bottom of the second, Services closed the gap with a run of their own.

With Comm at bat and leading 8-6 in the top of the sixth, they went three up and three down, giving Services a chance to come back.

And come back they did.

With two on and two out, Robert "Bobo" Coleman smashed a double into the outfield to drive in a pair of runs.

Tamara Duke followed with a dribbler that settled inside the foul line between third and home, easily reaching first.

With players on first and second, Rubin ripped his single for both the go ahead run and two more for insurance. Due to sloppiness by Comm, three runs scored.

With Services ahead 11-8, Maggie Fussell took the mound to keep Comm from coming back.

The first hit for Comm gave them a man on first. But the next batter lined a shot to second, and Services turned the double play. With time running out, the ball was popped up in the infield and easily caught to end the game.


"That hit by Duke really helped us with positioning," Services coach Coleman said. "Without that, we might have been sitting on the bench sooner."

Services record is 5-1 while Comm drops to 5-2.



Senior Airman J.G. Buzanowski/ WT

The 4th Services Squadron's Nate "The Great" Rubin is called safe as he slides into home during a game against the 4th Communications Squadron at Tinker Field Monday. The Services team came from behind to win the game 11-8. Rubin's single turned into a three-run home run on throwing errors.



Get Fit

The HAWC wants everyone to get healthy and stay healthy. Here is this week's fitness tip:

If you can change your default drink to water, it will be the single most positive modification to your diet that you can make.

Sidelines

Ammo golf tourney

The ammunition softball team holds a golf tournament June 10 with a shotgun start at 8:30 a.m. at the base golf course. Teams will be divided into groups of four, with a maximum of 22 teams. Registration deadline is June 1. For more information or to register, call 722-5665.

Kinston Indians

Outdoor Recreation now has the 2005 season schedule for the

Kinston Indians baseball team. Cost is \$3 with valid military identification unless otherwise noted. For more information, call 722-7153.

Relay for life

Members of Team Seymour take part in the American Cancer Society's Relay for Life to raise money for the fight against cancer from May 13 at 4 p.m. to May 14 at noon. For more information, call 722-5266.

Local events

Inside the gate:

Spring recital: The 4th Services Squadron hosts the "Merry Melodies" spring recital May 21 at 10:30 a.m. at the community center. Entertainment will be provided by the community center music students. Admission is free. For more information, call 722-0339.

Fun park opening: The family fun park behind the fitness center reopens Memorial Day weekend. Party bookings are available upon request. Putters and balls for mini-golf are available at outdoor recreation. For more information, call 722-1106.

Community center lessons: The community center offers music and voice lessons through Monday through Friday from 1 to 3 p.m until August. For more information, call 722-0339.

Outside the gate:

Awareness walk: The mayor's committee for persons with disabilities sponsors the 9th Annual Hal Plonk Disability Awareness Walk Wednesday at 10 a.m. at St. Paul United Methodist Church. For more information, call 731-4315.

Darden golf classic: The Goldsboro Family YMCA holds the 7th Annual B.G. Darden Golf Classic Thursday at 8 a.m. at the Goldsboro Municipal Golf Course. Teams of four can play with a handicap minimum of 30 per team.

Team fees of \$20 include meals, cart use, green fees and "goody" bags. For more information, call 778-8557.

Farmers market opens: The Downtown Goldsboro Development Corporation opens a farmers market Saturday on the corner of Spruce and Center Streets in downtown Goldsboro. For more information, call 735-4959.

WOOFF yard sale: Welfare of Our Furry Friends holds a yard sale May 13 from 8 a.m. to 7 p.m. and May 14 from 7 a.m. to 4:30 p.m. at 223 Westwood Drive in Goldsboro. Proceeds will go toward construction of a long-term animal shelter. For more information, call 778-8196.

Free summer camps: Operation Purple provides free summer camps around the world for military children. Registration ends May 15. For more information, call 1-800-260-0218.

Golf deal: The Walnut Creek Country Club hosts active duty military appreciation days now through May 31 by letting people play a round of golf for a cart fee only. The country club is also granting active duty military members full access to their dining rooms with a reservation. For more information, call 778-3034.

4th FG reunion: The World War II 4th Fighter Group holds a reunion Sept. 8 through 11 in Milwaukee. For more information, call (414) 545-3532.

Hit me with your best shot



File photo

The paintball and skeet ranges have reopened. Hours are Wednesdays from 3 - 8 p.m. and weekends from noon to 5 p.m. The Warrior Pines log cabin is also available. For more information, call 722-1106.

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http://www.afnews.af.mil/internal/survey/survey_index.htm.

Buzz words
Reviews for the latest DVD releases

The Seymour Johnson Kitty Hawk theater is closed for repairs. Watch the theater marquee and the Wright Times for reopening dates. Work is scheduled to be completed sometime this month.

By Senior Airman J.G. Buzanowski
Public Affairs

Spaceballs Collector's Edition



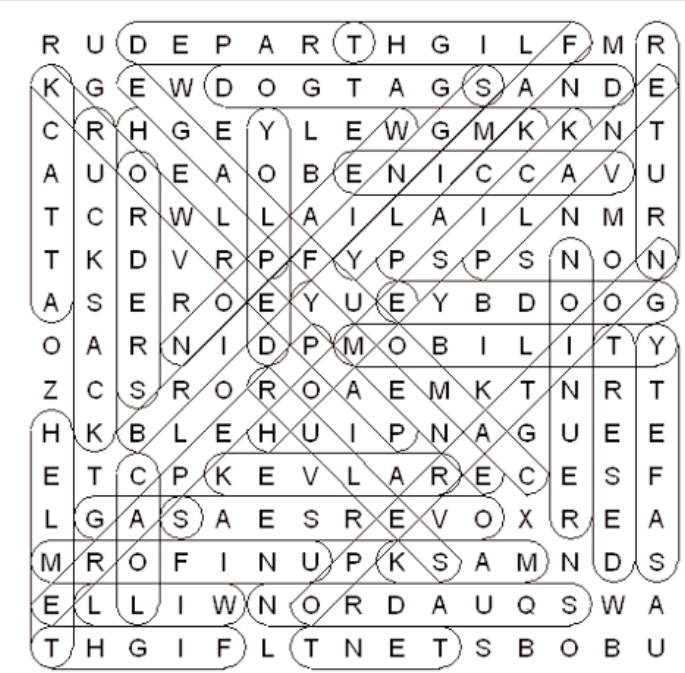
Mel Brooks' spoof of the "Star Wars" movies and other sci-fi flicks is one of his funniest movies, and with "Revenge of the Sith" coming out in a few weeks, there couldn't be a better time for a special edition of "Spaceballs." The two-disc set has commentaries, featurettes, outtakes and even the original trailer for the film. A great movie for "Star Wars" fans, Brooks admirers and even your father's brother's nephew's cousin's former roommate.

Coulda been better

Worth a look

Has its moments

Don't miss it!



Wordsearch answers

From Page 5

The Deployed Life

Airman's Manual quiz answer

From Page 2

B. False